



Metropolitan Police Department Domestic Violence Unit Safety Plan



Civil Protection Order

- I can obtain a protective order from _____ court, keep it at home, in my car, at work, in my purse, and on or near me at all times as well as leave a copy with _____ and my children's schools. (Should you call the police to arrest your abuser, it is helpful to have a copy of the restraining order with you.)
- If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.
- If I am getting a restraining order and I am leaving home, I can rent a post office box for my mail or use the address of a trusted friend. (Be aware that addresses are on restraining orders and police reports.)
- I will give my protection order to police departments in the community where I work, in those communities where I usually visit family or friends, and in the community where I live.
- I will inform the following people that I have a protection order in effect (example: employer, minister, closest friend):

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- If the police are not responsive, I can contact the supervising officer at my police district.

This is a safety plan that you can complete for your circumstances and to keep in a safe place.